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UKRAINIAN PROTESTERS TAKE TO THE STREETS

ABOUT 300,000 DEMONSTRATORS DEFY A PROTEST BAN, ANGERED BY THEIR GOVERNMENT'S DECISION TO FREEZE INTEGRATION WITH THE WEST PAGE 10

Breaking news

Key Senate-scandal emails not deleted after all, Privy Council Office tells RCMP.

SEE STORY ONLINE AT METRONEWS.CA

'It's not going to bring Alex back'

Justice is bittersweet for the friend of a young, talented lawyer killed by an impaired driver in 2011 PAGE 4

Daniel Alfredsson acknowledges the fans in Ottawa on Sunday after a video tribute marking his first game back at the Canadian Tire Centre since leaving for the Detroit Red Wings this past summer.

JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Alfredsson gets the love from his Ottawa fans

Losing battle.
Alfie seals 4-2 victory against the Senators with an empty-netter

It was almost like Daniel Alfredsson never left.

For a few minutes Sunday afternoon, Ottawa Senators fans forgot about any animosity toward their team's former captain after he left to sign with the Detroit Red Wings. During and after a pre-game video tribute, the crowd of 20,011 showered Alfredsson with "Alfie" chants accompanied by a standing ovation.

Alfredsson didn't know what to expect from his return to the place he called home for 17 seasons. Greeted with such a warm reception, he skated to centre ice at Canadian Tire Centre with his stick raised to salute the fans.

Of course this time was different. By the time Alfredsson buckled his chin strap and skated to his spot on right wing for his 596th career NHL game in Ottawa, the crowd moved on and past honouring him to chants of "Go, Sens, Go."

Like so many other games in this building, Alfredsson got on the score sheet. He had a secondary assist on Johan Franzen's opening goal and added an empty-netter as the Red Wings beat the Senators 4-2.

Drew Miller also scored for Detroit and Clarke MacArthur and Mika Zibanejad for Ottawa, but this day was all about Alfredsson.

As soon as Lyndon Slewidge finished up his rendition of "O, Canada," the Senators' video tribute to Alfredsson began on the video boards. Alfredsson stood in front of the visiting bench and looked up at the screen while the crowd rose to its feet to make a standing ovation the backdrop to the moment.

Among the highlights were Alfredsson's appearance as the unofficial host of Ottawa's 2012 NHL All-Star Game, his hit on Toronto Maple Leafs forward Darcy Tucker from the 2002 playoffs, and his overtime goal that sent the Senators to the 2007 Stanley Cup Final.

THE CANADIAN PRESS

FOR FAN REACTION, GO TO PAGE 3

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NEWS

Shot fired

Joyriders facing charges after driving car at cop

Two Ottawa teens were arrested after their joyride on Walkley Road ended with an Ottawa cop firing a shot at the vehicle as they tried to speed away.

The young men face a rash of charges, including aggravated assault on a police officer, after they allegedly stole a car and tried to run down an officer who attempted to apprehend them early Friday morning.

According to police, the officer approached the front of the vehicle and told one of the teens to turn off the vehicle. That's when the youth sped towards him and the officer fired a shot.

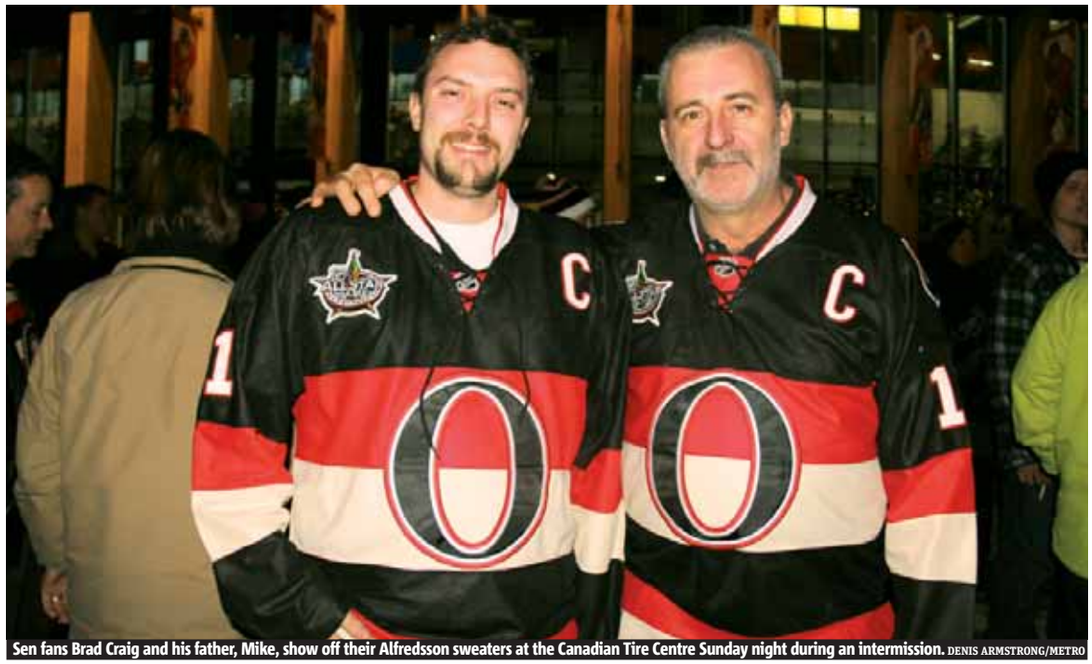
After a short chase, the teens ditched the car and ran away on foot. Police pursued and with the help of the K9 unit, the suspects were apprehended nearby.

The incident began with police following up on a stolen vehicle report just after midnight Friday, at the intersection of Bank Street and Walkley Road. Nobody was injured in the incident, but because a shot was fired by an officer, a Professional Standards Section review is being conducted.

In addition to the aggravated assault charge, Naim Abdallah, 19, also faces dangerous driving, assault with a weapon on a police, failing to stop for police, possession of stolen property over $5,000, theft of a motor vehicle and probation breaches.

Noah Hope, 18, faces dangerous driving, assault with a weapon on a police officer, failing to stop for police, possession of stolen property over $5,000.

TREVOR GREENWAY/METRO



Sen fans Brad Craig and his father, Mike, show off their Alfredsson sweaters at the Canadian Tire Centre Sunday night during an intermission. DENIS ARMSTRONG/METRO

Ottawa gives Alfie warm welcome back

'A special night.' Departed Senator returns wearing Red Wings uniform, gets standing ovation

DENIS ARMSTRONG
ottawa@metronews.ca

Daniel Alfredsson might be playing for the Detroit Red Wings, but in the hearts of 99 per cent of the fans at the Canadian Tire Centre Sunday, he's still a Senator.

Opinions were surprisingly undivided when it came to Alfie's return to Ottawa. Hockey fans in the capital almost universally love the Senators' former captain for what he did on and off the ice during his 17 seasons with the team.

A big cheer went up for the former captain when his name was read out in the opening lineup and the crowd in the stadium gave a standing ovation as a tribute video was played prior to the game's start.

"Hockey is a business and the Senators didn't want to do what was needed to keep him," said Sens fan Marianne Kaduck. "Regardless of what team he's playing for, he did amazing things for mental-health issues in Ottawa."

Eric Carriere told Metro he drove six hours from Woodstock, Ont., to be in Ottawa, for what he called "a special night."

"I still have mixed feelings because I love the guy and I'm not happy to see him in another uniform, but he deserves a shot at winning the cup," said Carriere.

Fred Pierre said he was angry when the trade happened, but added Alfredsson "can do whatever he likes."

"He built the team here. I thought that I would boo him but now I think 95 per cent of the fans are happy for him. He's a classy guy who did a lot for the team," said Pierre.

Imad Badra said Alfredsson was one of the best captains in the league.

"I think the team misses him. That's why half the people love him and half the people think he's a traitor. We miss him."

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Justice bittersweet, says friend of gifted young lawyer

Killed by impaired driver. Lawyer for accused man says his firm 'looking at everything' when asked about appeal

TREVOR GREENWAY
trevor.greenway@metronews.ca

Alexandra Dodger, right, is pictured with friends, from left, Shaila Kibria-Carter, Vlad Glebov, Alex Carter and Walied Khogali in 2007. COURTESY WALIED KHOGALI

Walied Khogali says Alexandra Dodger's life "was just starting to blossom" when she was struck and killed in Lowertown on Oct. 15, 2011, in what a jury determined on Saturday was a case of impaired driving.

Her longtime friend told Metro on Sunday — a day after a jury handed down a guilty verdict to driver Maxime Morin Leblanc — that when Dodger was killed, a piece of the world died with her.

"I just feel like there was so much more that was taken away from us when she died," said Khogali. He said it was a bittersweet weekend for him after hearing the verdict. He spent Sunday watching YouTube videos of his late friend.

"To be honest, I think she could have done anything she wanted. She could have been the next prime minister of Canada, she could have been working in an international organization abroad."

On Saturday, 28-year-old Leblanc was found guilty of criminal negligence causing death, impaired driving causing death and refusing to provide a breath sample.

Dodger had been crossing St. Patrick Street when she was hit by Leblanc's black Honda, which was travelling in the wrong direction down the one-way street.

Although Khogali feels justice has been served, he's still left with an empty feeling.

"It's not going to change anything, it's not going to bring Alex back," he said.

A McGill University law graduate, Dodger moved to Ottawa in August 2011 where she began an articling job for Amnesty International.

Khogali said she could have worked at any law firm in the country, but chose to work at the social-justice organization to "defend the defenceless."

It's just who she was, he says.

"She was driven by things that a lot of folks aren't driven by. It's not monetary, it's just making a difference in other people's lives."

Leblanc's lawyer, Lorne Goldstein, wouldn't comment on the verdict but said his firm would be "looking at everything" when asked about a possible appeal.

Leblanc, who remains out of custody on bail, is due back in court Dec. 6, when a date for his sentencing will be set.

Quoted

"It's not going to change anything, it's not going to bring Alex back."

Walied Khogali, responding to the guilty verdict handed down on Saturday

Holiday season

Operation Red Nose needs more volunteer drivers

Operation Red Nose, the annual Christmas drive-home service offering partiers too drunk to drive a free ride home in their own car, needs about 300 new licensed and unlicensed volunteers to pull a shift or two on any Friday and Saturday night from 9 p.m. to 3 a.m. with additional shifts on Thursday, Dec. 12 & 19 and New Year's Eve Dec. 31.

On its first weekend for the 2013 festive season, ORN made 24 trips each night, helping to get about 100 people home safely.

"It gets busier the closer we get to New Year's Eve," said ORN spokesperson Adam Leclerc. "We need all the volunteers we can get."

While the service is free, riders are encouraged to donate approximately what they'd spend on cab fare to the Boys and Girls Club of Ottawa.

In 2012, 592 ORN volunteers made 395 trips covering 18,000 kilometres and raised nearly $11,000 for charity.

Operation Red Nose hope to exceed that amount this year.

To volunteer, go to their website at rednoseottawa.com.

DENIS ARMSTRONG/METRO

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Plan to send secret info to China foiled: RCMP

National security. Police were 'able to move quickly to disrupt a threat to Canadian interests'

A Canadian naval engineer is accused of trying to send classified information on Canada's shipbuilding strategy and marine sovereignty to the Chinese government.

Qing Quentin Huang, 53, from Waterdown, Ont., was arrested in nearby Burlington on Saturday, just two days after the RCMP say they became aware of the allegations against him.

The RCMP said they learned on Thursday that Huang was allegedly taking steps to pass on classified information to China relating to Canada's national shipbuilding strategy.

Huang is a Canadian citizen and an employee of Lloyd's Register, a subcontractor to Irving Shipbuilding Inc., the RCMP said Sunday at a news conference to announce the arrest.

"These are documents of a confidential and sensitive nature to the government of Canada that relate to their vessels that support our marine services in relation to sovereignty here in Canada," said RCMP Chief Supt. Jennifer Strachan.

The national shipbuilding strategy includes patrol ships, frigates, naval auxiliary vessels, science research vessels and ice breakers, she said.

Huang is charged under the Security of Information Act with two counts of attempting to communicate classified information to a foreign entity. He is being held in custody pending a bail hearing Wednesday in Toronto, the RCMP said.

THE CANADIAN PRESS

Cars from a passenger train are scattered after the train derailed in New York City on Sunday. EDWIN VALERO/THE ASSOCIATED PRESS

N.Y.C. train derailment kills at least 4

A Metro-North passenger train derailed on a curved section of track in the Bronx on Sunday morning, killing four people and injuring 63 as one car came to rest just inches from the water, authorities said.

New York Governor Andrew Cuomo announced the deaths at a news conference at the site of the crash near the Spuyten Duyvil station. He said authorities believe everyone at the site had been accounted for and that investigators from the National Transportation Safety Board were en route.

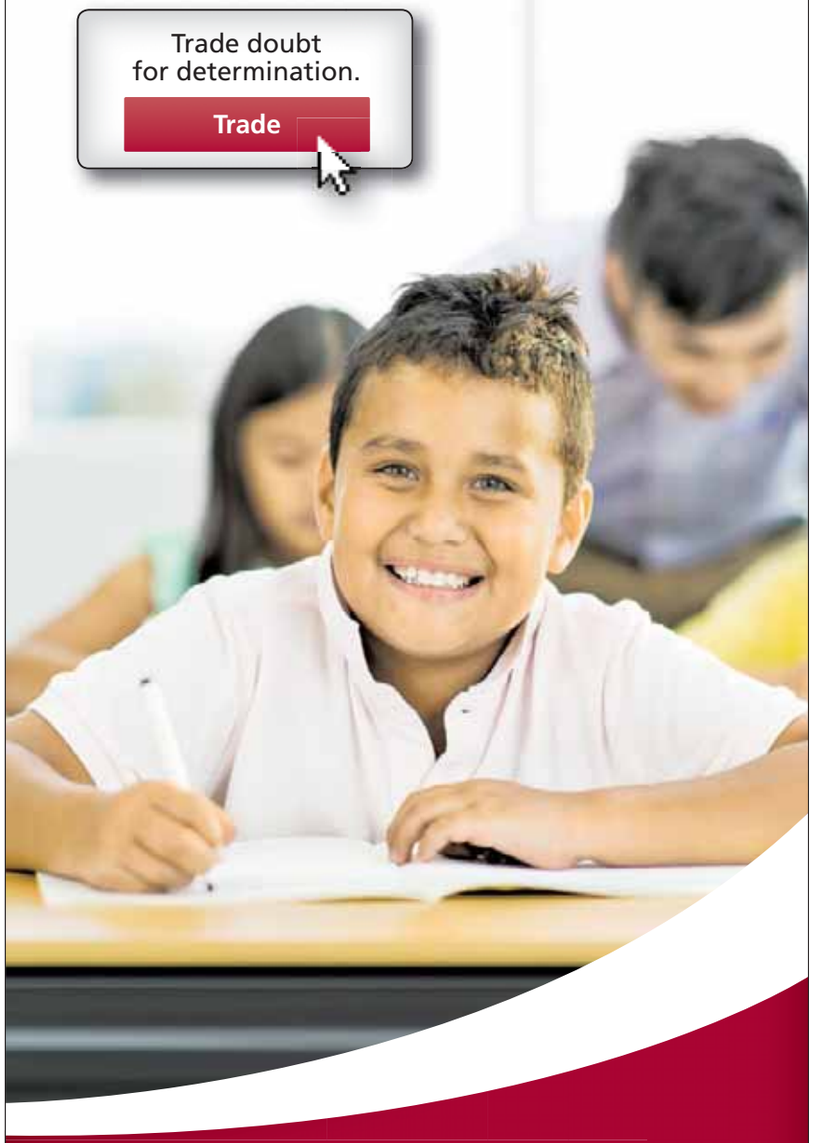
Eleven people are believed to be in critical condition, authorities said. The train operator was among the dozens injured, Cuomo said.

Metropolitan Transportation Authority spokeswoman Marjorie Anders said the big curve where the derailment occurred is in a slow speed area. The black box should be able to tell how fast the train was travelling, Anders said.

The derailment of the southbound Hudson Line train was reported at about 7:20 a.m., authorities said. Four or five cars on the seven-car train derailed about 90 metres north of the station, the Metropolitan Transportation Authority said in a news release. But none of the cars entered the Hudson or Harlem rivers, which are adjacent, the MTA said.

MTA chairman Thomas F. Prendergast said that speed was one of the factors authorities planned to investigate.

THE ASSOCIATED PRESS



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Squirrel monkey Baker rode a Jupiter IRBM into space and back in 1959. Jupiter, AM-18 mission, also carried an American-born rhesus monkey, Able, into suborbit. Both monkeys were recovered in good condition. COURTESY NASA

How NASA made heroes of two monkeys

Anthropomorphism. Miss Baker and Able — astronaut 'heroes' of their day, 1959.

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

When Miss Baker returned from space she became a media star, was given a bungalow and was married off, twice, to male squirrel monkeys — but she never fulfilled NASA's hope that she'd reproduce.

How NASA and the media anthropomorphized a pair of female space monkeys — one as a male military hero and the other as a housewife — in 1959 sheds light on how mythologizing astronauts can obscure real military and political goals for space exploration, according to Jordan Bimm, a York University researcher.

In 1959, Baker, a squirrel monkey, and Able, a rhesus monkey, blasted off into outer space, survived and were recovered from the ocean by the American navy.

Bimm's paper argues the primates, which were originally seen as tools and chosen for their physiological similarities to humans, were imbued with human traits upon their return, revealing more about us humans than the monkeys.

Baker in a bio-pack couch being readied for Jupiter (AM-18 flight). COURTESY NASA

"They were on the cover of Life Magazine in front of an American flag and presented as these pilot hero figures." he said.

Able died four days later during a medical procedure. Her body was stuffed and put on display at the Smithsonian.

The display was gendered in a way that transformed Able into a caricature of the masculine Cold War era, Bimm said.

"Able died during military service, in a military hospital in connection with a rocket flight. To make that make sense to the American public circa 1959 they sort of warped her into a male," Bimm said.

Baker, however, survived for a long time afterwards and Dr. Dietrich Beischer of the Navy's Aviation Medical School at Pensacola was primarily responsible for casting Miss Baker as a housewife.

"He also gave her a habitat, which he called a bungalow..." said Bimm.

Different times

In 1959 NASA conducted a test of about 20 female pilots who were judged to be equally as competent as men. But they were ruled out for space flight because of menstruation.

- In 2009's Night at the Museum: Battle of the Smithsonian, Able, a female rhesus monkey, was portrayed in a character opposite actor Ben Stiller as a male monkey military hero.

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Massive anti-government rally turns violent in Ukraine

Dozens injured in clashes with police. Around 300,000 take to Kyiv streets to demonstrate against president's refusal to sign deal with EU

Protesters clash with police guarding the presidential administration building in downtown Kyiv, Ukraine, on Sunday. Around 300,000 demonstrators chased away police to rally in the centre of the city. Police allowed the rally to proceed peacefully, but when a few thousand protesters tried to storm the nearby presidential building, riot police drove them back. SERGEI GRITS/THE ASSOCIATED PRESS

A protest by about 300,000 Ukrainians angered by their government's decision to freeze integration with the West turned violent Sunday, when a group of demonstrators besieged the president's office and police drove them back with truncheons, tear gas and flash grenades. Dozens of people were injured.

The mass rally in central Kyiv defied a government ban on protests on Independence Square, in the biggest show of anger over President Viktor Yanukovych's refusal to sign a political and economic agreement with the European Union.

While opposition leaders called for a nationwide strike and prolonged peaceful street protests to demand that the government resign, several thousand people broke away and marched to Yanukovych's nearby office.

A few hundred of them threw rocks and other objects at police and attempted to break through police lines with a front loader. After several hours of clashes, riot police used force to push them back. Dozens of people with what appeared to be head injuries were taken away by ambulance.

Quoted

"Our plan is clear: It's not a demonstration, it's not a reaction. It's a revolution."

Former interior minister Yuriy Lutsenko, who is now an opposition leader

Opposition leaders denounced the clashes as a provocation aimed at discrediting the peaceful demonstration and charged that the people who incited the storming of the presidential office were government-hired thugs.

Several opposition leaders walked over to Yanukovych's office to urge protesters to return to Independence Square. Order appeared to have been restored by Sunday night, with rows of riot police standing guard behind metal fences.

THE ASSOCIATED PRESS

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Canada criticized over policy on info obtained via torture

A major alliance that promotes European security has criticized Canada for opening the door to the use of information that may have been extracted through torture.

Newly disclosed briefing notes and correspondence show the Organization for Security and Co-operation in Europe wrote to Canada's representative to the organization to express concerns about the policy.

Canada belongs to the 57-member alliance, which bills itself as the world's largest regional security organization, working for peace, democracy and stability for more than a billion people.

The Canadian government responded to the February 2012 letter with a staunch defence of its information-sharing policy as a principled response to terrorism and other security threats.

The OSCE's concerns came to light through heavily censored records released to The Canadian Press under the Access to Information Act.

Though the organization's letter to Canada's then-ambassador to the OSCE is blacked out, a spokesman for the Vienna-based agency's human rights office spelled out its concerns.

Secret directive

The government once insisted that CSIS would toss out such information, but secretly issued a directive in December 2010 telling the spy agency to act on it to protect lives or property.

- Amnesty International Canada and the official Opposition publicly urged the Conservatives early last year to impose a total ban, saying there can be no exceptions when it comes to torture.

The OSCE quietly expressed its objections to Canada over revelations the government had directed Canada's spy agency to use information that may have been gleaned through torture in cases where public safety is at risk.

Janez Lenarcic, director of OSCE's Office for Democratic Institutions and Human Rights, wrote to the Canadian OSCE delegation to express concerns such a directive "would undermine the implementation of OSCE human dimension commitments and international human rights standards — in particular the absolute prohibition of torture and other forms of ill-treatment," said office spokesman Thomas Rymer.

Canada's then-ambassador to the OSCE, Fredericka Gregory, forwarded the letter to Ottawa, and the matter eventually landed on the desk of Lynda Clairmont, senior assistant deputy minister for national security in the Public Safety Department.

In preparing a response, Public Safety consulted CSIS, the Canada Border Services Agency and Foreign Affairs.

The late May 2012 reply to Lenarcic, signed by Gregory, pointed out that the 2010 directive had been expanded, giving CSIS the go-ahead to provide information to foreign agencies even when there is a "substantial risk" it will lead to torture.

THE CANADIAN PRESS

Giving Tuesday taps into true spirit of the holidays

Suffering from a shopping hangover?
The perfect cure could be giving back via a new philanthropic movement

PHOEBE HO
for Metro in Toronto

Black Friday and Cyber Monday are all about getting, while Giving Tuesday is all about giving something back to your community. GETTY IMAGES FILE

In addition to Black Friday and Cyber Monday, yet another popular U.S. initiative has crossed the border.

After a weekend of door crashers and tempting deals, Canadians will see the launch of its non-commercial counterpart Giving Tuesday, a day devoted to philanthropy and is described by the site as the "Opening day of the giving season."

The U.S. initiative, created by New York's 92nd Street Y and supported by the United Nations Foundation, has already seen immense success, attracting over 2,500 partners to take part in its first year. Now, a group of Canadian organizations are hoping to build on that momentum.

CanadaHelps president and CEO Marina Glogovac, one of the 15 founding partners of Canada's Giving Tuesday, said the timing of the event was perfect.

"There are different months in Canada focused on different charitable sectors," said Glogovac. "But in terms of consumer awareness, I think it's a good day to kind of add something that says we shop, we get deals, we spend money to get what we want, and we also should remember that we should give back."

Mainly promoted through social media over the summer, the grassroots movement has taken on a life of its own. So far, over 1,000 charities, partners, and organizations have already signed on to participate in its first year.

Social media movement

A day that's good for the community

Giving Tuesday was a no-brainer for Big Brothers Big Sisters of Canada, one of over a thousand charities and organizations that have joined the movement.

For years, BBBSC has helping children find positive role models in the community. Sandra Downey, director of business development and communications from its Toronto branch, said Giving Tuesday was the perfect fit for their organization.

"I see on their website it says: There are two days that are good for the economy, and now we have a day that's good for the community. I love that quote," she said. "It's using social media as a vehicle to help organizations such as ours ask for donations at a time of the year where people tend to want to be giving back."

METRO

HR knows if you've been bad or good at the office party

Management is gonna find out who was naughty or nice at the holiday shindig. Don't be the drunk Santa at your office party this year. MATT CARDY/GETTY IMAGES FILE

'Tis the season of the office holiday party, a time when the combination of awkward mingling with co-workers plus alcohol creates a social minefield.

But, experts say, one faux pas can easily turn bad behaviour into a legal mess for employers and employees.

When the booze flows freely so can trouble.

Court records are filled with examples of people sexually harassing co-workers and making inappropriate or racist comments at parties. Alcohol is often involved.

Aside from excessive drinking, the most common problem scenario that likely arises from office holiday parties is sexual harassment, says employment lawyer Daniel Iny, though he concedes the two are not mutually exclusive.

Employees are still bound by workplace policies, even at after-hours parties, Iny points out.

"I don't think a holiday party gives an employee carte blanche to do or say things that would never be tolerated in the workplace, nor does it give an employer the same right," says Iny.

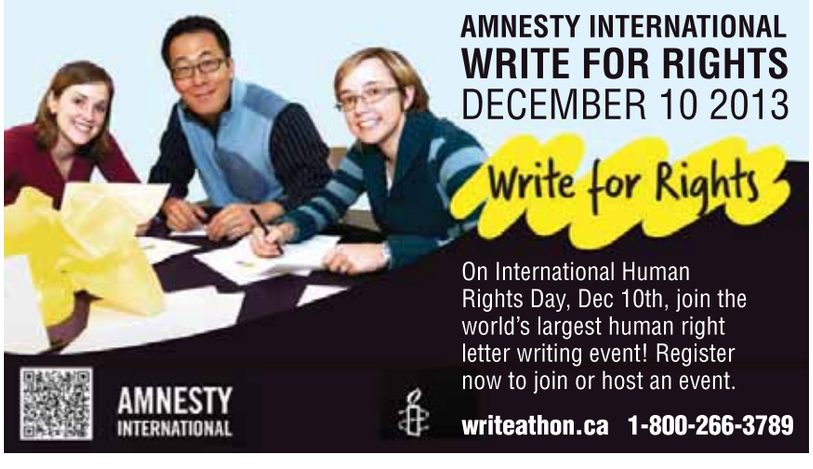
"An employee can be disciplined in my view for conduct that occurs at a holiday party."

Employment lawyer Inna Koldorf says the best bet is to conduct yourself as if you were at work.

"It's not like they're watching their every move, but management is watching their behaviour," Koldorf says. THE CANADIAN PRESS

Be good for goodness's sake

The Human Rights Tribunal of Ontario in 2011 upheld the dismissal of an employee at a plastics company after he got drunk at the company holiday party and harassed his supervisors and made sexually inappropriate comments and physical threats to his fellow employees and their spouses.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BUDGET STALLED FOR WANT OF A STREET

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

The Battle of Lynda Lane broke out unexpectedly as council was rubber-stamping the city budget last week with minimal debate or modification.

Budgets during this council have required that for any new item of spending a councillor wants to add, an equivalent amount must be taken out of the same budget envelope. Mayor Jim Watson calls this "discipline," the secret to containing tax rate creep.

It's also possible such strictures, which have vastly sped up budget meetings but at the expense of much flexibility to make changes once the ball gets rolling, had something to do with making Lynda Lane, as Watson would joke later that day, Ottawa's most famous street.

The transit budget, despite commissioners' concerns over a 16.4 per cent hike for community-pass users, most of whom can ill afford it (that's why need a community pass) had nonetheless just passed without alteration. Perhaps councillors, tired of simply acquiescing, needed to blow off some steam.

The stretch of road in question provides free parking near the Ottawa General Hospital for those who can't or won't pay the whopping rates charged at the hospital itself.

The improvements to Lynda between Billings Avenue and Smyth road would add sidewalks and streetlights, thereby decreasing the chances of someone getting run over on the way to or from their car and requiring an ambulance ride the rest of the way.

The work was supposed to go ahead in 2003, but that was an election year and the money got reassigned to a tax rebate for some residents. Lynda Lane languished on a waiting list for a decade, approved but unfunded until this year, and almost got passed over again by accident.

"We get all of these papers from different councillors and it was nothing more than it was probably some sheet attached to another sheet and it didn't get physically into the budget document at my final meeting with the deputy city manager," explained Mayor Jim Watson.

So Peter Hume, the area's councillor, introduced a motion to slip the project back into the budget, and that's when the fun began. Fully a third of the two-hour meeting would disappear down Lynda Lane, a $1.4-million project in a $3-billion budget.

Any time a tedious, circular debate takes hold at city council, it's almost assured that parochial ward concerns will play a role, as they did here. Councillors with lengthy unfunded to-do lists in their own wards and frustrated by Watson's budget "discipline" wondered aloud why Alta Vista should get to jump the queue.

Repeated explanations ensued for the hard-of-listening councillors that the project had been approved for the budget and then been mistakenly left out.

The old what's-in-it-for-my-ward routine also falls a bit flat when you're talking about city-wide facilities like hospitals (not to mention regional cancer centres). The project will improve safety for everyone visiting the hospital, no matter where they live.

Forty-odd minutes of argle-bargle later, the Lynda Lane improvements passed, with only Couns. Jan Harder and Diane Deans voting against. It was finally over.

Or is it?

Council will return to Lynda Lane in the future to discuss the introduction of paid parking along those new, well-lit sidewalks.

ZOOM

Just chilling out

ROMAN GOLUBENKO/SOLENT NEWS

Mother and baby sea otter relax

A baby sea otter catches a nap on its mother as they float together on a ice-cold lake. The animals can be seen relaxing on their backs near the Kenai Peninsula in the Gulf of Alaska. Photographer Roman Golubenko, from North Bergen, N.J., travelled to Alaska to snap the adorable creatures. METRO

Photog goes far to snap animals

Sea otters live in secluded spots away from human contact, so Golubenko had to hire a small boat and venture into the remote Alaskan glacier fjords to find them.

"The otters probably feel safe from all the humans who can't seem to reach them," observes Golubenko. METRO

Behind the lens

"Pups ride on their mothers for the first six to 15 months. They can float, but cannot swim, which keeps the mom busy."

Roman Golubenko, 48, nature photographer from North Bergen, N.J.

One pair 'looked like a couple'

Taking his photos, Golubenko couldn't help but be touched.

"One of the funniest moments was when I saw two otters who looked like a couple. They were lovingly taking care of each other and they turned to me as if in a family portrait — one of the most tender moments I've seen among the cute creatures." METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's a familiar lament that Netflix users in the U.S. have a much wider selection than Canadian subscribers enjoy. Luckily, there are a few ways around it, though be advised that these shenanigans technically break the Netflix terms of use.

CONTRIBUTED

Media Hint:

A free plug-in for Chrome and Firefox, Media Hint is a DNS redirect that disguises your previously unworthy Canadian computer as a deserved American machine. Unfortunately, that restricts you to the U.S. service, which means content on the Netflix Canada will be unavailable. Which brings us to...

Unblock-us.com:

A DNS redirect similar to Media Hint, at a cost of five dollars a month. That cost gives you one excellent feature that elevates it above Media Hint, however — the ability to choose which country's Netflix service you feel like planting your flag in that day. Pair it with a website like Moreflix, a search engine that lets you know what movies and shows are available on each country's service, and you gain access to an actual world of content.

Twitter

@metropicks asked: Canada banned marijuana for political reasons, without scientific evidence. A report commissioned by Pierre Elliott Trudeau in 1969 recommended decriminalizing possession. Do you think it should be legalized?

@ArtistMiesje: I agree with @SensibleBC it's time to change these outdated laws for so many reasons

@EdlundEric: if it is legalized the govt can regulate and tax it this taking 1 source of income away from criminal orgs

@jacobisdead: yes

@tpjmccarthy: Yeah, we need more Cheech's and Chong's..Legalize iy..Lol

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Teen idol turned action star's sudden death shocks Hollywood

Paul Walker. Actor who rose to fame in the 1990s was best known for his Fast and Furious franchise

NED EHRBAR
Metro World News in Hollywood

Paul Walker, 40, is survived by his 15-year-old daughter, Meadow. THE ASSOCIATED PRESS

To the world, Paul Walker was best known for his bright blue eyes and blonde hair. His squeaky-clean all-American good looks made him more than just memorable in his breakout role as Skip Martin in 1998's Pleasantville.

In 1999, he continued to woo the young contingent of filmgoers with roles in classic '90s teen movies like Varsity Blues and She's All That. And over the last decade, his name had become synonymous with the Fast and Furious franchise.

Sadly, the 40-year-old actor's life was cut short on Saturday afternoon in Los Angeles, where he died in a car crash.

At the time, he was attending a fundraiser in the community of Valencia to benefit the victims of Typhoon Haiyan.

"It is with a truly heavy heart that we must confirm that Paul Walker passed away today in a tragic car accident while attending a charity event for his organization Reach Out Worldwide," a statement on his Facebook page read.

"He was a passenger in a friend's car, in which both lost their lives."

Walker's fame rose with a string of hits in the late 1990s, before he took his place alongside Vin Diesel as the lead in the Fast and Furious franchise in 2001.

The seventh instalment of the franchise had begun shooting in September, with a planned release date of July 2014.

Walker's friend and business partner, Roger Rodas, also died in the crash. Rodas was driving a red Porsche and reports say the car was travelling at high speeds when it hit a tree, slammed into a streetlight and then burst into flames.

Rodas' high end auto shop, Always Evolving, was hosting the charity event.

According to Radar Online, the crash happened so close to the fundraiser that attendees could hear the impact. Tragically, one of the witnesses who rushed to the scene to help was reportedly Rodas' eight-year-old son.

"I ran over afterwards, I was trying to find Roger's son," eyewitness Jim Torp told the New York Daily News. "I found out his son had jumped the fence and gone over, he was trying to get his dad out. Paul Walker's best friend was trying to get Paul out of the car while it was still on fire … he was trying to save his friend … there was nothing he could do."

Walker's Fast and Furious co-star Diesel on the weekend posted on Instagram: "Brother I will miss you very much. I am absolutely speechless. Heaven has gained a new Angel. Rest in Peace."

Walker is survived by his 15-year-old daughter, Meadow, who had recently moved to Los Angeles to live with him after living with her mother in Hawaii.

Walker's most memorable film roles

The Fast and The Furious (2001): The one that started it all, featuring Walker as an undercover cop who gets caught up in the underground street-racing racket he's investigating.

Fast Five (2011): The street-racing franchise's revitalization has been one of Hollywood's more impressive recent success stories, with the fourth, fifth and sixth films earning acclaim and huge numbers at the box office. The fifth entry, set in Brazil, is the best of the bunch.

She's All That (1999): This "Pygmalion set in high school" romantic comedy is perfect specimen of '90s teen culture. Walker goads Freddie Prinze Jr. into seducing frumpy art student Rachael Leigh Cook and turning her into a prom queen.

Pleasantville (1998): Walker's good looks served him well as an innocent 1950s teen who has his eyes opened by Reese Witherspoon's more liberated modern-day girl.

Into the Blue (2005): A true guilty pleasure. Walker and Jessica Alba star as salvage divers caught up in a fight over a sunken cocaine shipment and spend most of the film in bathing suits.

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Mila Kunis. ALL PHOTOS GETTY IMAGES

Mila Kunis pregnancy rumours continue to swirl

Mila Kunis and Ashton Kutcher have been sparking pregnancy rumours lately, with Kunis wearing suspiciously baggy clothing and Kutcher having less patience than usual with the paparazzi. "They want to have a baby now, and it's far more important to them than getting married," a source tells Radar Online.

And at least one thing is for sure: That baby will be Jewish.

"Even if (Ashton) doesn't fully convert, he's very much into the idea of having little Jewish babies," the source says, adding that the topic is very important to Kunis' family. "Think Coney Island-style Russian immigrants," the source says. "They want Jewish babies, and Mila wants to give them to her family. Tradition is very important to her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Clint probably told him to 'get off my lawn'

STARGAZING
Malene Arpe
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Clint Eastwood's daughter is getting an annulment of her Las Vegas marriage to Jonah Hill's brother. She decided she would rather date Ben Stiller's cousin while her groom is more interested in hanging out with Meryl Streep's daughter's friend's aunt.

Fergie says she chose the name Axl for her baby after a dreaming about a festival where Bob Marley, Jim Morrison and Axl Rose were playing. And what is wrong with "Bob" and "Jim?"

Vin Diesel teases that Ang Lee will direct him in the Kojak movie. That explains the working title Who Loves Ya, Scary Tiger?

Jessica Biel tells the Internet to calm down after concern that she wasn't attending the AMAs with husband Justin Timberlake. "Take it easy," she said. "I'm at home in my tattered sweatpants eating 22 donuts while Justin is having fun doing whatever he wants. It's all good."

Kanye West asks us not to buy any Louis Vuitton products to protest that the company wasn't interested in his designs. I'm always up for a good boycott, so I sincerely hope Kanye's next fight is with Walmart and Buddy's House of Dented Cans.

Sharon Osbourne.

Osbourne doesn't know the meaning of overshare

Sharon Osbourne freely admits that she's had "a lot" of plastic surgery, as she revealed during an appearance on Graham Norton's talk show recently.

So what was her most painful surgical experience?

"Having my vagina tightened," Osbourne says of the procedure.

"It was just excruciating."

Michael J. Fox.

Fox found himself living in Broderick's shadow

Michael J. Fox admits that early on in his career he almost gave up and moved back home because Matthew Broderick always got the better of him.

"He's usually go in first for auditions, and you'd hear hands shaking. I was always losing jobs to Matthew Broderick," Fox says, according to Page Six. "In 1982 I was desperate to have a job in L.A. I owed money and my phone was cut off. I was selling sections of my sectional sofa. I was ready to go back to Canada and pick up nails on my brother's construction site."

The Broderick problem even extended to Family Ties, the show that eventually shot Fox to fame. "They (initially) wanted Matthew Broderick," he admits.

Justin Bieber.

Bieber busts out another tattoo

Justin Bieber has just about run out of room on his left arm, as the 19-year-old pop star sat for yet another tattoo after a show in Sydney, Australia this weekend.

Bieber posted a photo of himself to Instagram looking none too pleased with the tattooing process as an artist went at his upper arm with a tattoo gun.

"Just got off stage to get tatted," he wrote.

Aromatherapy

Lavender makes it better

Moms, I'm pretty sure you've got wipes, diapers, bandages, crayons, snacks, crumbs, mittens, toys, and probably a can opener, a car muffler and a glue gun in that purse of yours.

But you know what else you've got in there? That weird mom-purse smell.

You don't notice it that much except for every single time you are looking for something. You know, like when you're doing the stressful "stir the cauldron" dance to try and find your house keys.

There's a simple, stress free solution that will actually bring you a couple seconds of "aaaaaah" in the middle of, "Mom, where is my juuuuuuuuuuuice?"

Grab a lavender sachet and throw one into your purse.

Lavender is natural and has traditionally been used in aromatherapy to relieve anxiety and promote relaxation. Plus, the calming scent releases when the flowers are crushed — which is exactly what will happen when you are stressfully stirring up the contents of your purse, looking for that elusive car muffler or hockey skate.

That means the more stress you're feeling, the more lavender you'll smell. I know. I'm a genius. KAT INOKAI, YUMMYMUMMYCLUB.CA

Exclusively online

Children's Live Theatre. This is going to be just like going to a Weezer concert, right? Find out at metronews.ca/voices. Remember to ask Santa for the bestselling book Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson.

Confessions of a regular mom

Keeping it real.
Ever order pizza on weekends or send you kid to school in pyjamas to avoid a fight? You're not alone

ANNABEL FITZSIMMONS
YummyMummyClub.ca

Sometimes it's OK to order pizza, not the healthy whole wheat crust type either. ISTOCK

Last week I sent my son to school in his pyjamas. It was one of those mornings.

"I don't want to go downstairs. I don't want to eat breakfast. I don't want to brush my teeth. I don't want to pack my backpack. I don't want to get dressed."

When he dug his heels in over changing out of his pyjamas, I asked myself, "Does he really need to put on day clothes?" And I decided it wasn't a fight I was willing to fight. So I put a pair of "proper clothes" in his backpack in case he needed them during the day, and off to junior kindergarten he went.

Let's file this under Things I've Learned In Seven Years of Motherhood: pick your battles.

The situation got me thinking about all the things that happen in our households that no one ever really hears about.

So, in the interest of keeping it real, here are a few things that have been going on in our household lately.

Sometimes, we use bribery.
One Friday night a few weeks ago, we promised our kids a couple of toonies if they had breakfast, played quietly, didn't fight, and didn't come into our bedroom until after 8 a.m. the next morning. For kids who get up at 6 a.m., we thought it might be a pretty tall order for the weekend. But they did it. And the routine has stuck. We paid them that one time and every Saturday they still wait until after 8 a.m. to come into our room.

My house is rarely spotless.
My kids fight. A lot. They fight about who got their vitamins first, who knows how to sing O Canada better in French, who has a nicer teacher. The latest thing is who gets to click in their seat belt first.

My husband and I sometimes push the boundaries, and pay for it.
A couple of weeks ago, we were having a great time at the family bingo night at our kids' school. Until family bingo night turned into total-meltdown-screaming-kicking-tantrum-craziness on the front lawn of the school. Our youngest, not me. Although I almost went there as well.

We order in every Friday night.
We eat healthily most of the time, but on Friday nights we have family movie night and order pizza. And not the whole wheat or spelt crust option either. It's always the same order: pepperoni, mushroom and pineapple. There's nothing I love more at the end of a busy week than knowing I don't have to cook, to prep or to even think about what's for dinner.

The next time you see a happy picture of my family, you'll know it wasn't taken on family bingo night or after a car ride. It may have been taken on a Saturday morning — after I've stayed in bed until 8 a.m. (but before the kids have started fighting) — or on a Friday evening once the pizza's been delivered. And my son might be in his pyjamas.

By the way, that day I sent my son to school in his pajamas? I fully expected him to be wearing his day clothes when I picked him up. But no. He marched right out of his class with his pyjamas still on, smiling the happiest smile ever. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN TO SURVIVE MOTHERHOOD

Sorry if my kid ruins your kid's Christmas

My kid has been pumped about Christmas since last Christmas.

Her enthusiasm has reached a fever pitch in the past few weeks though, after finding out that many of her relatives will be staying here. That and her "list" — an inventory of the various toys she's seen that she really, really wants.

"We'll think about your list at Christmas and your birthday and times like that when we get you presents," we explain, while stressing that she won't be getting everything from her list, but that we'll use it as a source of inspiration.

Somehow she's come to decide it's her Christmas list, which has us considering the letter to Santa phase.

We opted to take an honest approach to the Santa thing. While passing no judgement on parents who play up the Kris Kringle angle, we're not comfortable indulging in it. We won't go out of our way to make the point, but we're not going to go out of our way to continue the story either.

So, if the kid does ask to loop the Big Guy into her list keeping, we're going to make it clear that nothing changes.

There won't be gifts under the tree marked "from Santa" and she'll be reminded that money isn't unlimited, Christmas is about more than gifts and she shouldn't expect to get everything she wants.

But, man, was that an easier stance last year when the kid spent her days at home with mom and — as a not-quite-three-year-old girl — the line between fantasy and reality was so blurred as to render "real or not" discussions largely useless.

This year, she's much more keenly aware of the difference between make-believe and real. "Daddy, my dog is just a toy, he's not real," she'll say when I ask her stuffed dog if he needs to go outside to pee.

Oh, and she spends 10 hours a week at preschool. With other kids. Who listen to things she says and, often, take them at face value.

Add that to the fact that she takes great delight in correcting people and the odds that my kid will be the one to ruin the Santa story for a class full of three-year-olds are pretty darn close to 100 per cent. JOE BOUGHNER, YUMMYMUMMYCLUB.CA

What is your approach to Santa? ISTOCK

Get cracking when it comes to the quota

Meet the moola standard. Tips on becoming a top seller when your position includes an expensive expectation

ROSIE HALES
TalentEgg.ca

Do your research: The more you know about the product you're pushing, the more you'll be able to sell. ISTOCK

"Quota" and "commission" can be two scary words if you're new to the retail world, but they don't have to stay that way!

Sales quotas and commissioned sales are just two ways you can maximize the experience you have at a retail job and get rewarded for your hard work.

First things first, let's get some terminology out of the way.

A sales quota is the minimum sales goal for a set amount of time. Your sales quota could be either a monetary goal (i.e. "By the end of this week, we'd like you to make $500 worth of sales.") or a product goal (i.e. "By the end of this week, we'd like you to have sold two coffee machines, 25 boxes of filters and three thermal mugs.").

The amount of time for a sales quota can differ, too.

You might be asked to make your quota by the end of one shift, the week or a fiscal quarter. If you fill your sales quota then there may even be the chance of a reward!

Commission is a reward you get for selling products. Often you'll hear people saying, "I work on commission." This means that salespeople will often be incentivized to makes lots of great sales by getting paid for each sale they make.

Commission is often calculated on the basis of a percentage of the retail value of goods sold.

Here are four tips for becoming a great salesperson and making commission-based work and sales quotas work for you!

Educate yourself

To be able to sell products, you've got to have some solid knowledge to impart to customers. Make sure you know the top three to five products that your company sells and learn their main selling points. Then, pick a few other products in the store and become the resident expert.

Identify your target customers

In order to sell effectively, you need to be able to relate to your customers. Understanding their priorities and preferences in terms of style, cost and quality will help you direct them to goods that they'll be more likely to purchase — and be more satisfied with in the long run.

Give customers space to make their own decisions

Don't try to push a customer in the direction of a product they don't really want. If a customer is looking to buy a product that you genuinely believe is wrong for their needs then suggest a different one that you think might suit them better. Support their final decision — they're more familiar with their own needs than you are.

Set your own sales goals

- If you're making sales goals with no difficulty, then why not set higher goals for yourself? Each week you could try to improve on your quota by $20 or by selling three products you've never sold before
- It's worth a try if you want to impress your manager!

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Helping low-income learners aim higher

A guiding hand. Counseling can help students seek out schools they may not have considered

JULIA WEST
Metro World News

A study by the U.S. National Bureau of Economic Research earlier this year found that low-income students who were high academic achievers were not applying to competitive post-secondary schools. The study also revealed — perhaps unsurprisingly — that with the help of intensive counseling, students may be more likely to apply to these schools.

Though the study highlighted this problem, it found that many professionals were already aware of the benefits of hands-on intervention in the education paths of disadvantaged youth. "There has been a great deal of research done over the years that shows that one of the main reasons low-income students tend to attend less selective colleges than they are suited to stems from a lack of information," explains Thyra Briggs, vice president of admission and financial aid at Harvey Mudd College in Claremont, CA.

Essentially, students are unaware of the support, both financial and otherwise, available to them. "College counseling can help students understand that colleges with a high price tag often have greater resources for aid," says Briggs. "In this process, access to information is everything."

Ann Marano is the director of the College Bound Initiative program at the Texas-based Foundation for the Education of Young Women. She knows the value of empowering potential students with greater knowledge about the application process. "Students may not understand the 'language' of it all — how to start a college search, the college application process and that financial assistance is available," Marano says.

Generational gap

Dr. Ann P. Garber, independent counselor and president of Garber Academics:

- "For several reasons, including immigration trends, there is an unprecedented number of first-generation applicants, students whose parents did not attend college. They grow up without hearing about their parents' college experiences. Without that knowledge to back them, and without proper assistance, it's no wonder some very capable students struggle with the application process."

'Round the world wisdom

Laughter gives you wings

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Laughter has the power to dramatically help in overcoming adversity.

I was only 15 minutes into my Gobi Desert race, and found myself running through a river-crossed canyon. The hostile landscape consisted of loose rocks the size of baseballs. My eyes were fixated on the ground, as every foot plant bore the risk of rolling my ankle. I felt my first blister forming.

Later, we had to cross the river. Unprepared, I tentatively traversed and fell in. I screamed, livid to be in a river while supposedly running in the desert. It then hit me. "This is what my race is meant to be about. I'm here to learn how to deal with adversity!" I burst out laughing.

Right then and there I made a promise to myself, one that still persists today: laugh out loud at every unpleasant surprise.

We crossed that same river seven more times that morning. Yet from that moment onward I giggled. Every time I laughed, my pace increased. That day, I managed to pass everyone I could see ahead of me, leaping from the back of the pack to ninth place overall!

When have you last tried to counter adversity with laughter?

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Salad that's hearty enough to stand up to the cold

ROSE REISMAN
For more, visit rosereisman.com
Follow her on Twitter @rosereisman

This recipe serves six. ROSE REISMAN

Ingredients

- 2 1/2 cups low-sodium vegetable stock
- 3/4 cup dried yellow lentils
- 3/4 cup diced red bell pepper
- 1/3 cup chopped green onions (whole onion)
- 1/3 cup chopped fresh parsley
- 1/4 cup diced red onion
- 2 tbsp olive oil
- 3 tbsp freshly squeezed lemon juice
- 2 tsp balsamic vinegar
- 1 1/2 tsp minced garlic
- 1 tsp Dijon mustard
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1/2 cup diced reduced fat feta cheese
- 6 large grilled shrimp

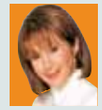
This is a great vegetarian dish without the shrimp since the lentils are a good source of protein. You can also serve it as a side dish to any entree.

1. In a saucepan, combine the stock and lentils. Bring to a boil. Reduce the heat to a simmer, cover and cook just until tender, about 20 to 25 minutes. Do not overcook. Drain any excess liquid. Cool to room temperature.

2. In a large bowl, stir together the cooked lentils, red pepper, green onion, parsley, red onion, olive oil, lemon juice, vinegar, garlic, mustard, salt, pepper and feta. Toss together before serving. Place a grilled shrimp on each serving plate.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Who doesn't love a juicy steak? The cut is what makes all of the difference when it comes to calories and fat though.

Rib Eye Steak (12 oz)

1,049 calories/ 80 g fat
A rib eye steak is marbled with fat but it's oh so good! Too bad it contains an entire day's worth of fat.

Equivalent

One 12-ounce rib eye steak is equal in fat to three Boston Pizza lasagnas.

New York Strip (12 oz)

600 calories/ 16 g fat
The New York strip is lean, just trim the outside fat. It's close to half the calories of the rib eye and an acceptable fat amount that will save your heart!

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Sports in pictures

1

2

3

1 Golf. McIlroy gets first win of 2013

Rory McIlroy birdied the 18th hole to beat Adam Scott at the Australian Open on Sunday, winning for the first time in 2013 and denying Scott the Triple Crown of Australian golf. THE ASSOCIATED PRESS

2 Skiing. Vonn delays surgery

Lindsey Vonn is delaying further surgery on her partially torn right knee for as long as possible in hopes of skiing at the Sochi Olympics.
THE ASSOCIATED PRESS

3 Skiing. Aksel drops hammer in Lake Louise

Aksel Lund Svindal of Norway won the men's World Cup super-G on Sunday.

It was the third straight super-G win for Svindal in Lake Louise, Alta., after victories in 2012 and 2011.
THE CANADIAN PRESS

Bumblin', fumblin' Bills fall to Falcons

NFL. Atlanta takes advantage of late turnovers to win in OT; Buffalo drops to 1-5 in home games played in Toronto's Rogers Centre

Matt Bryant booted a 36-yard field goal as Atlanta Falcons snapped a five-game losing streak with a wild 34-31 overtime win over the Buffalo Bills in Toronto on Sunday.

Atlanta's first possession in overtime was at the Buffalo 47 after William Moore stripped Bills' tight end Scott Chandler of the ball and it was recovered by Robert Alford, who then lateralled to Desmond Trufant. The Falcons (3-9) then drove to the Buffalo 17, setting up Bryant's game-winning boot.

Atlanta forced overtime with Steven Jackson's one-yard TD run with 1:28 remaining in regulation. It came after Buffalo's Nickell Robey was called for pass interference in the end zone, putting the Falcons at the Bills' one-yard line.

Buffalo took over at its 24-yard line and was driving when E.J. Manuel hit Stevie Johnson with a completion. But Johnson was stripped of the ball and it was recovered by Moore, allowing the Falcons to run out the clock.

The lost tarnished a solid performance by Buffalo running back C.J. Spiller, who ran for 149 yards and a TD. His 36-yard touchdown run at 3:12 of the fourth snapped a 24-24 deadlock.

The Bills (4-8) lost coming off the bye and fell to 1-5 during the regular season at Rogers Centre as part of the Bills Toronto Series, which began in 2008 and was renewed in January for another five years. Buffalo is also 0-4 in December contests in Toronto.

Even with The Beach Boys performing at halftime, the game drew a series-low 38,969 spectators, including Toronto Mayor Rob Ford, who wore a No. 22 Fred Jackson jersey. THE CANADIAN PRESS

Robert McClain, back, of the Falcons strips Bills receiver Stevie Johnson of the ball on Sunday in Toronto. RICK STEWART/GETTY IMAGES

On Sunday

Falcons	Bills
34	31

Not at cost of CFL

Little appetite for NFL team in Canada, poll finds

An overwhelming majority of Canadians don't want an NFL team in Canada, especially if it means the demise of the CFL, a survey suggests.

Forty per cent of 1,007 online participants said they didn't want an NFL team in Canada at all while another 41 per cent added they'd welcome an NFL franchise in this country only if it co-existed with the CFL. The survey, released Sunday, was conducted in mid-November by Reginald Bibby, a professor of sociology at the University of Lethbridge, and pollster Angus Reid Global.

"They'd have to co-exist, that's the simple bottom line," Bibby said in a telephone interview. "Compared to 1995, if anything, that viewpoint seems to have solidified.

According to the survey, since '95 Canadians have become more insistent that they'd only want the NFL here if the CFL continued to exist (41 per cent versus 32 per cent). Also, more care about the issue now than 18 years ago (50 per cent compared to 33 per cent).
THE CANADIAN PRESS

NHL. Kesler helps Canucks earn victory in Carolina

Ryan Kesler scored two goals to lead the Vancouver Canucks to a 3-2 win over the Carolina Hurricanes on Sunday.

Tom Sestito also scored for the Canucks and Jason Garrison had two assists. Backup goalie Eddie Lack made 29 saves to help Vancouver pick up its third win in its past 11 games.

Kesler's second goal capped a stretch where the teams combined to score three goals in 37 seconds.
THE ASSOCIATED PRESS

Ryan Kesler corrals a loose puck on Sunday in Raleigh, N.C.
THE ASSOCIATED PRESS

NHL. Cherry says don't mess with what works

Leave Coach's Corner alone.

Don Cherry made that plea on Saturday during his weekly segment on Hockey Night in Canada as he addressed the acquisition of NHL broadcast rights by Rogers Communications Inc. for the first time.

The 79-year-old hockey personality said he hoped the iconic program would remain as it is.

"If you're No. 1, why would you fool around like that," said Cherry. "I know I'm good. I didn't fall off a turnip truck. I know everybody watches so all I'm saying is take it easy, don't try to ruin a good thing, just leave us alone and we'll be just as good next year."
THE CANADIAN PRESS

Quoted

"It's going to be great for the players."

Don Cherry on Rogers Communication's 12-year, $5.2-billion deal for NHL broadcast rights.

4 SPORTS

Burgundy a sweeping success in Winnipeg

Anchorman rocks the house. Ferrell joins broadcast team for Roar of the Rings as alter ego

Will Ferrell as alter ego Ron Burgundy releases a rock as Glenn Howard and his team look on after the opening ceremonies at the Roar Of The Rings championship in Winnipeg on Sunday. JOHN WOODS/THE CANADIAN PRESS

It may be all to promote his new movie but actor Will Ferrell delighted curling fans Sunday, and a few curlers as well, as he brought anchorman Ron Burgundy to the Canadian Olympic Curling Trials.

He even tried his luck on the ice, with a little tutoring from Ontario skip Glenn Howard, and then donned a kilt.

"I'm really enjoying Winnipeg, the Paris of Canada," he said later, staying in character for the entire visit.

"The limo ride from the airport was first class all the way. They had roast pig for me. An entire roasted pig there in the limo."

As for curling jargon, he said he knows what "hurry hard" means but uses it mostly to get the driver in front to start moving.

Ferrell is promoting Anchorman 2: The Legend Continues, set for release this month before Christmas. Saturday night he stopped in Bismarck, N.D., to do a local news program.

But Sunday he joined TSN curling broadcaster Vic Rauter to comment on part of the opening draw of the trials, as the eight women's teams vying for an Olympic berth squared off. The men were following later in the day at the event, which ends next Sunday.

Ferrell/Burgundy switched the pants of his wine-coloured polyester suit for a kilt before he left the MTS Centre, where the Tim Hortons Roar of the Rings event is being held. Close to 11,000 fans came for the opening draw and to see Ron Burgundy.

"I think I can bring a certain amount of dignity and class, I know I smell good," he said when asked what he brought to the table as a curling broadcaster.

He said he had a choice between curling and a knife-throwing contest in Saskatchewan.

"I took curling because curling is where my heart is. I've always loved curling, ever since I was a kid growing up in Hagglesworth, Iowa."

THE CANADIAN PRESS

Curling

Jones opens trials with lopsided win

It was all over in the sixth end as Jennifer Jones scored six against fellow Winnipeg skip Chelsea Carey on Sunday to open the Canadian Curling Trials with a commanding 10-2 win.

"If we could score a six in every game, obviously I would be pretty excited," Jones said. "It's a long week but a short week. It's a pretty short round robin from what we're used to so you don't want to get behind the eight ball early."

It wasn't the only lopsided game as Edmonton's Val Sweeting defeated reigning Scotties champ Rachel Homan of Ottawa 10-3.

In closer matchups, Ontario's Sherry Middaugh defeated Saskatoon's Stefanie Lawton 5-3 and Renee Sonnenberg of Grande Prairie, Alta., beat Edmonton's Heather Nedohin 8-6.

THE CANADIAN PRESS

Jennifer Jones reacts to her shot while playing Chelsea Carey on Sunday in Winnipeg. JOHN WOODS/THE CANADIAN PRESS

Judo

Canucks wins silver at Tokyo Grand Slam

Canadian judoka Kyle Reyes won silver in the under-100 kilograms class on Sunday at the Tokyo Grand Slam of judo.

Reyes, who just three weeks ago became the first Canadian junior world champion in the history of judo, proved that he was ready to do the same at the senior level, defeating three top-10 ranked opponents.

THE CANADIAN PRESS

MLB

Twins add Hughes to starting rotation

The Minnesota Twins have agreed to a $24-million, three-year contract with right-hander Phil Hughes.

A person with knowledge of the deal tells The Associated Press the two sides came to agreement late Saturday night. The person requested anonymity because Hughes still has to pass a physical before the contract can become official.

THE ASSOCIATED PRESS

NBA. Nuggets call on their reserves to turn tide against Raptors

Toronto Raptors head coach Dwane Casey knows his starters can not play the entire game.

But after Sunday's loss to the Denver Nuggets, he probably wishes they could.

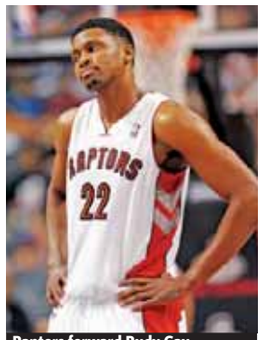
The Nuggets reserves came off the bench to outscore their Raptors counterparts 72-16 as Denver pulled away in the fourth quarter for a comfortable 112-98 win before 16,290 fans at Air Canada Centre.

"Our bench has got to give us something," Casey told reporters after Toronto (6-10) lost its third straight. "Our guys (starters) can't play for 48 (minutes), so we've got to get production from our bench.

"The guys coming in have got to develop a toughness, a resilience of getting stops. And, it starts on the defensive end. In the second half, they shot it well but we didn't make them feel us."

The 72 bench points conceded is the worst in Raptors' history, exceeding the 69 points surrendered to the Chicago Bulls in a loss on Jan. 25, 2006.

Diminutive guard Nate Robinson led the way for Denver (10-6) with 23 points off the bench. The five-foot-nine veteran hit five three-pointers on the afternoon, including back-to-back shots from beyond the arc with just over two minutes to go, as the Nuggets coasted to their sixth straight win.



Raptors forward Rudy Gay RICK MADONIK/TORSTAR NEWS SERVICE

In addition to Robinson's team-high 23 points, three other Denver players had double-digit point totals off the bench.

Rudy Gay led the way for the Raptors with 23 points. Jonas Valanciunas had 18 points and 11 rebounds.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	27	18	7	2	75	55	38
Detroit	28	14	7	7	78	73	35
Tampa Bay	26	16	9	1	76	66	33
Montreal	27	15	9	3	73	57	33
Toronto	27	14	10	3	75	73	31
Ottawa	27	10	13	4	78	90	24
Florida	27	7	15	5	59	91	19
Buffalo	28	6	20	2	48	85	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	28	18	9	1	86	64	37
Washington	27	14	11	2	82	78	30
NY Rangers	27	14	13	0	60	66	28
New Jersey	27	11	11	5	59	64	27
Philadelphia	26	12	12	2	57	63	26
Carolina	27	10	12	5	57	78	25
Columbus	27	10	14	3	67	80	23
NY Islanders	27	8	15	4	72	93	20

Sunday's results
Vancouver 3 Carolina 2
Detroit 4 Ottawa 2
Edmonton 3 Dallas 2 (SO)
Saturday's results
NY Rangers 5 Vancouver 2
Boston 3 Columbus 1
Pittsburgh 5 Florida 1
New Jersey 1 Buffalo 0 (OT)
Montreal 4 Toronto 2
Washington 3 NY Islanders 2 (OT)
Philadelphia 3 Nashville 2 (SO)
Chicago 5 Phoenix 2
Colorado 3 Minnesota 2 (SO)
Calgary 2 Los Angeles 1
San Jose 4 Anaheim 3 (SO)
Monday's games — All Times Eastern
Winnipeg at NY Rangers, 7 p.m.
New Jersey at Montreal, 7:30 p.m.
Philadelphia at Minnesota, 8 p.m.
St. Louis at Los Angeles, 10:30 p.m.
Tuesday's games
San Jose at Toronto, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Carolina at Washington, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
Ottawa at Florida, 7:30 p.m.
Vancouver at Nashville, 8 p.m.
Dallas at Chicago, 8 p.m.
Phoenix at Edmonton, 9:30 p.m.
Los Angeles at Anaheim, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	20	4	4	102	76	44
St. Louis	25	18	4	3	89	57	39
Colorado	25	19	6	0	76	52	38
Minnesota	28	15	8	5	68	67	35
Nashville	27	13	11	3	62	75	29
Dallas	25	12	9	4	70	73	28
Winnipeg	28	12	12	4	73	80	28

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	26	18	3	5	92	60	41
Anaheim	29	18	7	4	91	77	40
Los Angeles	27	16	7	4	70	58	36
Phoenix	26	15	7	4	85	84	34
Vancouver	29	14	10	5	77	77	33
Calgary	26	9	13	4	70	93	22
Edmonton	28	9	17	2	73	95	20

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	13	23	36
Malkin, Pgh	7	28	35
Steen, StL	20	11	31
Getzlaf, Ana	13	18	31
Kane, Chi	16	14	30
Tavares, NYI	11	19	30
Zetterberg, Det	11	19	30
Ovechkin, Wash	21	8	29
Perry, Ana	15	14	29
Thornton, SJ	4	25	29
Kunitz, Pgh	14	13	27
Couture, SJ	9	18	27
H. Sedin, Van	7	20	27
Marleau, SJ	12	14	26
Karlsson, Ott	7	19	26
Ryan, Ott	13	12	25
Backes, StL	12	13	25
Little, Win	12	13	25
Toews, Chi	12	13	25
D. Sedin, Van	10	15	25
Pavelski, SJ	9	16	25
Backstrom, Wash	6	19	25

Not including last night's games

MLS PLAYOFFS

MLS CUP

Saturday's game — All Times Eastern
Kansas City vs. Salt Lake, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	16	1	.941	—
d-Miami	14	3	.824	2
Atlanta	9	9	.500	7 1/2
d-Toronto	6	10	.375	9 1/2
Washington	8	9	.471	8
Chicago	7	8	.467	8
Charlotte	8	10	.444	8 1/2
Detroit	7	10	.412	9
Orlando	6	10	.375	9 1/2
Boston	7	12	.368	10
Philadelphia	6	12	.333	10 1/2
Cleveland	5	12	.294	11
Brooklyn	5	12	.294	11
New York	3	12	.200	12
Milwaukee	3	13	.188	12 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	14	3	.824	—
d-Portland	13	3	.813	1/2
Oklahoma City	11	3	.786	1 1/2
d-L.A. Clippers	12	6	.667	2 1/2
Houston	13	5	.722	1 1/2
Denver	10	6	.625	3 1/2
Dallas	10	8	.556	4 1/2
Golden State	10	8	.556	4 1/2
Phoenix	9	8	.529	5
L.A. Lakers	9	8	.529	5
Memphis	8	8	.500	5 1/2
Minnesota	9	9	.500	5 1/2
New Orleans	7	8	.467	6
Sacramento	4	11	.267	9
Utah	3	15	.167	11 1/2

d–division leader
Sunday's results
Denver 112 Toronto 98
Indiana 105 L.A. Clippers 100
Detroit 115 Philadelphia 100
Miami 99 Charlotte 98
Golden State 115 Sacramento 113
Minnesota at Oklahoma City
New Orleans at New York
Portland at L.A. Lakers
Saturday's results
Washington 108 Atlanta 101
Cleveland 97 Chicago 93
Brooklyn 97 Memphis 88
Minnesota 112 Dallas 106
Houston 112 San Antonio 106
Milwaukee 92 Boston 85
Utah 112 Phoenix 104
Monday's games — All Times Eastern
Orlando at Washington, 7 p.m.
New Orleans at Chicago, 8 p.m.
Atlanta at San Antonio, 8:30 p.m.
Houston at Utah, 9 p.m.
Indiana at Portland, 10 p.m.

Horoscopes

♈ Aries
March 21 - April 20
There is no such thing as something for nothing and if you do not quite believe that now you will believe it by the end of the day.

♉ Taurus
April 21 - May 21
It may appear as if you are the only one making sacrifices for a relationship but the planets warn you are not seeing the situation clearly. Don't start complaining or you may lose the one person who makes your world a better place.

♊ Gemini
May 22 - June 21
Honesty is the best policy today, especially if you have done something that makes you feel bad about yourself.

♋ Cancer
June 22 - July 23
It may be better to give than to receive but sometimes you wonder why it seems to be you who does all the giving while others do all the receiving.

♌ Leo
July 24 - Aug. 23
What others expect of you is not important – what matters is what you expect of yourself. Others may say you should be doing this or doing that today but you must reject it all and do only what makes you happy.

♍ Virgo
Aug. 24 - Sept. 23
Some things you can see from a long way away but others things you don't see until you are right up in front of them. You're not the only one to see something so important so late in the day, so don't make a big deal of it.

♎ Libra
Sept. 24 - Oct. 23
The more you search for a solution to a problem of some kind the more it seems to elude you. Maybe you are trying too hard.

♏ Scorpio
Oct. 24 - Nov. 22
You may have to hurt someone's feelings today by saying something you know they don't want to hear but if you don't they will keep making the same mistake over and over again.

♐ Sagittarius
Nov. 23 - Dec. 21
If you ask for something today you will most likely get it. But will it be good for you? The planets warn it might be smart to stick with what you already have and try to make the best of it. More is not necessarily better.

♑ Capricorn
Dec. 22 - Jan. 20
Generally you take people as you find them and don't care where they are coming from or where they are going to.

♒ Aquarius
Jan. 21 - Feb. 19
Just because something is new-fangled or fashionable does not mean it is good. Keep that thought in mind and if you are confronted with a choice between something old and dull and something new and exciting, go for the old and dull.

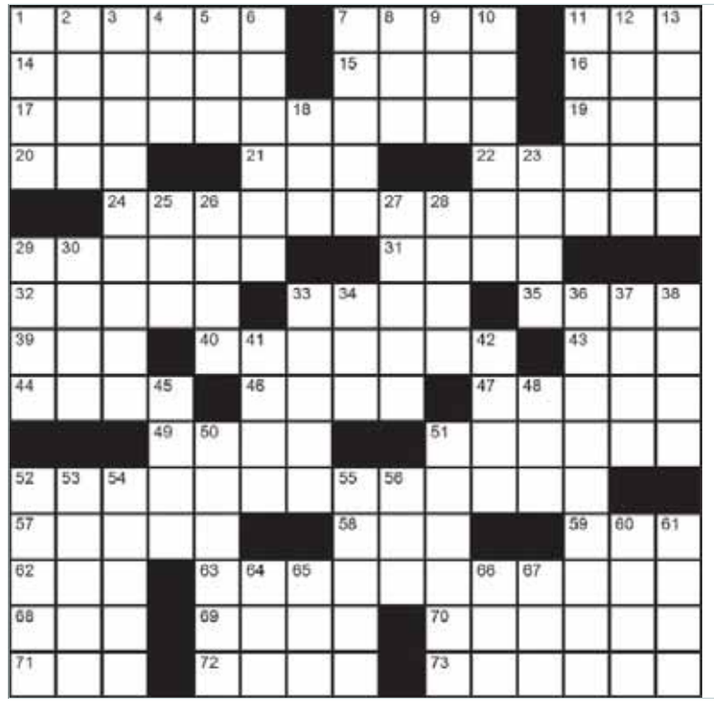
♓ Pisces
Feb. 20 - March 20
You may have strong opinions about something and you have every right to express them but you need to accept that not everyone agrees with you.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

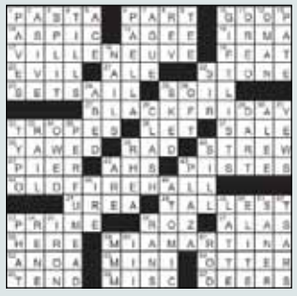
BY KELLY ANN BUCHANAN



Across
1. HS class: 2 wds.
7. Tim Hortons CEO Mr. Caira
11. Bitter __
14. In a forthright way
15. Puccini aria: "_ __ Babbino Caro"
16. Male sheep, in Brit.
17. Auction House in Toronto since 1850
19. Caesar's 61
20. Caesar's 551
21. 'Social' suffix
22. 2003 to 2007 series, "__ _ _"
24. Auction attendees, often: 2 wds.
29. Big leagues in baseball
31. Much: 2 wds.
32. Prefix to 'clast' (Image breaker)
33. Sony co-founder, __ Morita
35. Remain unsettled
39. Tarzan creator's monogram
40. Waterloo, ON: __ Laurier University
43. Agnus __ (Mass prayer)
44. Wall St. landmark, commonly
46. Breath mints, tic __
47. Canadian actress Kelly
49. Sonny & __
51. Wine-tasting need
52. Lady Gaga to her fans: 2 wds.
57. 1996 film for Madonna
58. Grind __ _ halt
59. The: German
62. Winnipeg-born actor Mr. Cariou
63. Saskatchewan __ Building, in Regina
68. Energy unit
69. Scottish hats
70. Don't target correctly
71. Aliens, commonly
72. "Quiet..."
73. __ Creek, Ontario
23. Web address starter
25. Director Mr. Howard
26. Think, archaically
27. Animal dens
28. Time Machine people
29. Demeanor
30. "_ __ in the Dark" (1988)
33. __ clock
34. Fast food chain, commonly
36. __ Era (English history period of 1901 to 1910)
37. Shipshape
38. Have supper
41. Roman road
42. "Shoot!"
45. Genuine
48. Grand __ Opry
50. Well-being department, __ Canada
51. Sacred songs
52. Battle royal
53. Blatant
54. Dainty bell sounds
55. Range in Quebec, __ Mountains
56. Headshakes
60. Songstress Ms. Sands
61. Saint-__ (Place in France where Vincent van Gogh painted)
64. Parisian water
65. Baseball execs
66. River island
67. Classy music gr. in Ontario

Down
1. "__ you do that?"
2. Ring stone
3. 'Journalist' and 'TV Host', for example: 2 wds.
4. Halt
5. Yalie
6. Fault-finders
7. Traveller's lodging
8. 'I love', in Latin
9. __ Tin Tin
10. Membership store
11. National Chief of the Assembly of First Nations, Shawn __
12. Egyptian city
13. Sagas
18. Ronny & The Daytonas hit

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4				8			
7			2	9		6	5	
5		9					4	
	5	1		2				
			1		3			
				7		1	3	
	9					4		2
	2	8		4	5			1
			8				6	

Friday's Sudoku

7	4	9	3	8	1	2	5	6
6	8	3	5	2	4	9	1	7
2	1	5	6	9	7	4	8	3
5	2	4	1	6	3	8	7	9
3	6	1	9	7	8	5	4	2
8	9	7	2	4	5	6	3	1
4	5	6	7	1	2	3	9	8
1	3	2	8	5	9	7	6	4
9	7	8	4	3	6	1	2	5

Today
-1°/-3°
Flurries
40%

Tuesday
1°/-4°
Partly sunny

Know what the weather will be 14 days from now.
Check the 14 day trend.
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